



# Heads Up

## Concussion Facts for Athletes and Active Kids and Those Who Care About Them

### What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump or jolt to the head.
- Can change the way your brain works.
- Can range from mild to severe.
- Can occur during any sport or activity.
- Can happen even if you aren't knocked out.

**Symptoms can show up days or weeks after the injury.**

### How can I prevent a concussion?

It varies for every sport, but there are general steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use proper sports equipment, including personal protective gear such as helmets.

### What are the symptoms of a concussion?

- Nausea (feeling like you might vomit)
- Dizziness or balance problems
- Double vision or fuzzy vision
- Sensitivity to light or noise
- Headache
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

### What should I do if I think I have a concussion?

- Tell your coach and your parents. Never ignore a bump, blow or jolt to the head. Tell your coach if you or one of your teammates might have a concussion.
- Get a medical check up. A professional can tell you if you have had a concussion and when you are OK to return to play.



### If you have any doubt, **STAY OUT!**

Your brain has been injured and needs time to heal. If you resume activity too soon, you are more likely to have a second concussion! Second or later concussions can increase the risk of permanent brain damage and even death in rare cases.

**For more information go to**  
**[www.cdc.gov/concussion/sports/resources.html](http://www.cdc.gov/concussion/sports/resources.html)**

Adapted from the US Department of Health and Human Services, Centers for Disease Control and Prevention

For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org